

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

<p>Locations: L-1st Floor Lobby, P-2nd Floor Patio, DR-2nd Floor Dining Room, D-2nd Floor Doctor Office, LR-2nd Floor Living Room, AR-3rd Floor Activity Room, S-3rd Floor Spa</p> <p>Dimensions of Wellness: SO-Social, P-Physical, I-Intellectual, E-Emotional, V- Vocational, SP-Spiritual, H-Health Services, EN-Environmental</p>	<p>10:00 Daily News-AR(I)</p> <p>10:30 Monthly Gazette – AR (I)</p> <p>11:00 Chair Exercise- AR (P)</p> <p>2:00 Ice Cream Truck Visits-O(SO)</p> <p>3:00 Craft-Paper May Day Basket-AR(E)</p> <p>4:30 Therapy Dog Olley Visits-LR(E)</p>	<p>10:00 Daily News and Chronicle-AR(I)</p> <p>10:30 Fitness Class-AR(P)</p> <p>11:00 May Paint by Numbers and Music-AR(E)</p> <p>2:00 Bingo-DR(SO)</p> <p>3:30 Coloring Project – Gift Bows-AR(E)</p>	<p>9:30 Seated Pilates by Martha-AR (P)</p> <p>10:30 Daily News and Chronicle-AR(I)</p> <p>11:00 Craft: Fancy Paper Hat-AR(E)</p> <p>1:15 Scenic Drive – meet in L (SO)</p> <p>6:00 Movie Night- LR (SO)</p>	<p>9:30 Catholic Mass-AR(SP)</p> <p>10:15 Daily News and Chronicle-AR(I)</p> <p>11:00 Chair Exercise-AR(P)</p> <p>11:30 Fancy Nails-AR(H)</p> <p>2:30 Heritage Hymn Sing-DR(SP)</p>	<p>10:00 Daily News-AR(I)</p> <p>10:30 Chair Exercise- AR (P)</p> <p>11:00 Let's Celebrate Cinco de Mayo!</p> <p>2:00 Bill Minnich on Accordion-DR(SO)</p> <p>6:30 History of Mariachi-AR(I)</p>	<p>10:00 Therapy Dog Trixie Visits-LR(E)</p> <p>10:30 Daily News and Chronicle-AR(I)</p> <p>11:15 Hungry as a Horse: Kentucky Derby Dining</p> <p>2:00 Bingo-DR(SO)</p>	
<p>9:30 St. Benedict's Community-AR(SP)</p> <p>10:00 Daily News and Chronicle-AR(I)</p> <p>10:45 Chair Exercise- AR (P)</p> <p>1:30 Christian Fellowship-AR(SP)</p> <p>2:30 Horse-Themed Trivia-AR(I)</p>	<p>10:00 Daily News and Chronicle-AR(I)</p> <p>10:30 Chair Exercise- AR (P)</p> <p>11:00Talk Derby to Me-AR(E)</p> <p>1:45 Trip to Art Gallery: Quilts in IL-meet in L(V)</p> <p>4:30 Therapy Dog Olley Visits-LR(E)</p>	<p>10:00 Daily News and Chronicle-AR(I)</p> <p>10:30 Fitness Class-AR(P)</p> <p>11:00 Horse Basketball Game-AR(P)</p> <p>1:30 Grub Club-DR(V)</p> <p>2:00 Bingo-DR(SO)</p> <p>3:30 Horse Sense Game-AR(SO)</p>	<p>9:30 Seated Pilates by Martha-AR (P)</p> <p>10:30 Daily News and Chronicle-AR(I)</p> <p>11:00 Hearing Aid Service-D(H)</p> <p>1:15 Scenic Drive – meet in L (SO)</p> <p>6:00 Movie Night- LR (SO)</p>	<p>10:00 Daily News and Chronicle-AR(I)</p> <p>10:30 Chair Exercise-AR(P)</p> <p>11:00 Fancy Nails-AR(H)</p> <p>2:30 Connecting the Heritage-Craft: Bronco Buddy-AR(E)</p>	<p>10:00 Daily News-AR(I)</p> <p>10:30 Chair Exercise- AR (P)</p> <p>11:00 History of Clydesdale Horses-AR(I)</p> <p>2:30 Music Entertainment by Quentin Jones-DR (SO)</p> <p>4:00 Stella the Therapy Dog Visits-LR (E)</p> <p>6:30 Bowling AR-(P)</p> <p>Happy Birthday Dorothy!</p>	<p>10:00 Therapy Dog Olley Visits-LR(E)</p> <p>10:30 Daily News-AR(I)</p> <p>10:15 Yoga Flow-AR(P)</p> <p>11:00 A History of Horses -AR(I)</p> <p>2:00 Bingo-DR(SO)</p>	
<p>9:30 St. Benedict's Community-AR(SP)</p> <p>10:00 Daily News-AR(I)</p> <p>10:45 Chair Exercise- AR (P)</p> <p>1:30 Christian Fellowship-AR(SP)</p> <p>2:30 Mother of All Humor-AR(E)</p>	<p>10:00 Daily News and Chronicle-AR(I)</p> <p>10:30 Chair Exercise- AR (P)</p> <p>11:00 The Mother Plant-AR(EN)</p> <p>2:00 Race for the Roses Party-AR(SO)</p> <p>3:00 Craft: Petite Paper Purse-AR(E)</p> <p>4:30 Therapy Dog Olley Visits-LR(E)</p>	<p>10:00 Daily News and Chronicle-AR(I)</p> <p>10:30 Fitness Class-AR(P)</p> <p>11:00 Paper Purse Raffle Game-AR(SO)</p> <p>2:00 Bingo-DR(SO)</p>	<p>9:30 Seated Pilates by Martha-AR (P)</p> <p>10:30 Daily News and Chronicle-AR(I)</p> <p>11:15 Resident Council-AR(V)</p> <p>1:15 Scenic Drive – meet in L (SO)</p> <p>6:00 Movie Night- LR (SO)</p>	<p>10:00 Bayada Walker Wash-O-AR(I)</p> <p>11:00 Daily News and Chronicle-AR(I)</p> <p>11:30 Exercise-AR(P)</p> <p>2:30 Connecting the Heritage Singers-DR(SO)</p> <p>4:00 Cranium Crunches-AR(I)</p>	<p>10:00 Daily News and Chronicle-AR(I)</p> <p>10:30 Chair Exercise- AR (P)</p> <p>11:00 Rosary-AR(SP)</p> <p>2:00 Music entertainment By Glenn Pritchard-DR(SO)</p> <p>3:30 YouTube & You: NASCAR Glory Road-AR(SO)</p> <p>Happy Birthday Trudy!</p>	<p>10:00 Therapy Dog Trixie Visits-LR(E)</p> <p>10:30 Daily News-AR(I)</p> <p>11:00 How Well Do You Know the Military Branches?-AR(I)</p> <p>11:00-2:00 Holistic Fair-O(SO)</p> <p>2:30 Bingo-DR(SO)</p>	
<p>9:30 St. Benedict's Community-AR(SP)</p> <p>10:00 Daily News and Chronicle-AR(I)</p> <p>10:45 Chair Exercise- AR (P)</p> <p>1:30 Christian Fellowship-AR(SP)</p> <p>2:30 Smiling Our Way to Health-AR(H)</p>	<p>10:00 Daily News and Chronicle-AR(I)</p> <p>10:30 Chair Exercise- AR (P)</p> <p>11:00 Who am I? -AR(I)</p> <p>2:00 Ice Cream Truck Visits-O(SO)</p> <p>3:00 Balance Boogie-AR(P)</p> <p>4:30 Therapy Dog Olley Visits-LR(E)</p>	<p>10:00 Daily News and Chronicle-AR(I)</p> <p>10:30 Fitness Class-AR(P)</p> <p>10:45 Therapy Dogs Visit-AR(V)</p> <p>11:15 Travel Destination: Nevada, U.S.A.-AR(I)</p> <p>2:00 Bingo-DR(SO)</p> <p>3:30 Take It Away with the Tuba Music-AR (SO)</p>	<p>9:30 Seated Pilates by Martha-AR (P)</p> <p>10:30 Daily News and Chronicle-AR(I)</p> <p>11:15 The Golden Prince (Short Story)-AR(SO)</p> <p>1:15 Scenic Drive – meet in L (SO)</p> <p>6:00 Movie Night- LR (SO)</p>	<p>10:00 Daily News-AR(I)</p> <p>10:30 Chair Exercise-AR(P)</p> <p>11:00 Fancy Nails-AR(H)</p> <p>2:00 Mysterious May Social-AR(SO)</p> <p>2:30 Connecting the Heritage-Horse Racing-AR(V)</p> <p>6:30 Blue Rock Spiritual Group Performs-DR(SP)</p>	<p>10:00 Daily News and Chronicle-AR(I)</p> <p>10:30 Chair Exercise- AR (P)</p> <p>11:00 Bible Study-AR(SP)</p> <p>2:00 Music by Chuck Cahoe-DR(SO)</p> <p>4:00 Stella the Therapy Dog Visits-LR (E)</p> <p>6:00 Resident Choice-AR(SO)</p> <p>Happy Birthday Mary!</p>	<p>10:00 Therapy Dog Trixie Visits-LR(E)</p> <p>10:30 Daily News and Chronicle-AR(I)</p> <p>11:00 May Word Puzzles-AR(I)</p> <p>2:00 Bingo-DR(SO)</p>	
<p>9:30 St. Benedict's Community-AR(SP)</p> <p>10:00 Daily News and Chronicle-AR(I)</p> <p>10:45 Chair Exercise- AR (P)</p> <p>1:30 Christian Fellowship-AR(SP)</p> <p>2:30 May Junk Drawer Detective-AR(I)</p>	<p>9:30 Daily News-AR(I)</p> <p>10:15 Chair Exercise- AR (P)</p> <p>11:00 Memorial Day at Arlington National Cemetery-AR (I)</p> <p>2:00 Can You See the Big Picture?-AR(I)</p> <p>4:30 Therapy Dog Olley Visits-LR(E)</p>	<p>10:00 Daily News and Chronicle-AR(I)</p> <p>10:30 Fitness Class-AR(P)</p> <p>11:00 Cooking Class-Cantaloupe Popsicles-AR(E)</p> <p>2:00 Bingo-DR(SO)</p> <p>3:30 Horses Jigsaw Puzzle-AR(I)</p>	<p>9:30 Seated Pilates by Martha-AR (P)</p> <p>10:30 Daily News and Chronicle-AR(I)</p> <p>11:00 YouTube Entertainment-AR(H)</p> <p>1:15 Scenic Drive – meet in L (SO)</p> <p>6:00 Movie Night- LR (SO)</p>	<p>Activity Opportunities for PC</p> <h1 style="font-size: 4em; color: orange;">May 2023</h1> <p>The Heritage of Green Hills</p>			